

## **MEDITATION AND RELAXATION CLASSES**

There are times when life can be a little hectic, and at those moments we may long for a little quiet time to clear our minds and “decompress.” Starting in June, the senior center will be offering weekly Meditation and Relaxation classes on Wednesday mornings at 10:30 a.m. These classes will be led by Chair Yoga instructor Michelle Lawlor. The goal of meditation is to go beyond the mind and experience our essential nature – which is described as peace, happiness and bliss. Meditation is about training your brain to bring your thoughts and feelings into awareness. It’s about examining who you are and it teaches you to appreciate every moment for what it is. Just as physical exercise strengthens your body, meditation tones and strengthens the mind. So come join us as we get our minds into shape. Please call the senior center at 508-543-1234 to sign up in advance.

### **Saturday, May 20**

Friends of Foxborough Seniors Plant Sale 9:00 a.m. to 1:00 p.m.

### **Monday, May 22**

Coffee Connection 8:30 a.m. to 3:30 p.m.

Rep. Jay Barrows Office Hour 9:00 a.m.

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Stop & Shop 1:00 p.m.

### **Tuesday, May 23**

Coffee Connection 8:30 a.m. to 3:30 p.m.

Stretch & Balance 8:30 a.m.

Manicures by appointment 9:00 a.m.

Zumba Gold Class 9:45 a.m.

Table Top Garden Club 9:45 a.m.

Nutrition 11:00 a.m.

Movie Day “Concussion” 12:30 p.m.

Talespinners 2:00 p.m.

### **Wednesday, May 24**

Coffee Connection 8:30 a.m. to 6:00 p.m.

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Coffee with the Town Manager 12:30 p.m.

Kohl’s/Mansfield Crossing 1:00 p.m.

Colorist Club 2:00 p.m.

Senior Supper Club 4:30 p.m.

### **Thursday, May 25**

Coffee Connection 8:30 a.m. to 3:30 p.m.

Men’s Breakfast with Guest Speaker Manny Leite 9:00 a.m.

Art Class with Barbara 10:00 a.m.

Diabetes Prevention Program 1:00 p.m.

History Lecture with Paolo DiGregorio 2:00 p.m.

COA/HS Advisory Board Meeting 3:00 p.m.

### **Friday, May 26**

Coffee Connection 8:30 a.m. to 12:00 noon

Stop & Shop 8:30 a.m.

Senior Fitness 9:00 a.m.

Cribbage 10:15 a.m.

Scrapbooking & Card Making Class 10:30 a.m.

### **REQUEST FORMS AVAILABLE FOR NARCAN/NALOXONE RESCUE KITS**

Narcan/Naloxone Rescue Kits are available to anyone struggling with Opioid Addiction. The opioid crisis has impacted Foxborough, the surrounding area and the entire country. In response, Narcan/Naloxone Rescue Kits are available at pharmacies without a prescription. No forms are needed to get the kit, however, if this is a concern, the Norfolk County District Attorney's office has developed a Narcan/Naloxone Rescue Kit form. It can be completed, handed in to the pharmacist, and processed in a discreet manner, fully protecting your privacy. In addition, a help sheet is available with step-by-step instructions on how to handle an overdose situation and administer Narcan/Naloxone. Both forms are available to the public at the Senior Center, Town Hall, the Boyden Library and some churches.

### **HISTORY LECTURE WITH PAOLO DIGREGORIO**

Paolo DiGregorio, historian, archeologist, and our favorite history teacher, will be at the senior center on Thursdays, May 18<sup>th</sup> and May 25<sup>th</sup> at 2:00 p.m., and on Wednesday, May 31<sup>st</sup> at 5:00 p.m. Paolo will be taking a look at the history of American cities. If you'd like to join us for Paolo's never boring and always entertaining series of historical lectures, please call the senior center at 508-543-1234 to sign up and reserve your seat. These programs are being sponsored by the Friends of Foxborough Seniors.

### **FRIENDS OF FOXBOROUGH SENIORS PLANT SALE**

The Friends of Foxborough Seniors will be sponsoring a plant sale to be held at the Foxborough Senior Center, 75 Central Street, on Saturday, May 20<sup>th</sup> from 9:00 a.m. to 1:00 p.m. If you have any potted plants that you would like to donate for the sale, please drop them off by the shed at the back of the senior center parking lot. Extra plant pots to be used for your donations will also be available at the shed. Rain or shine.

### **DECORATIVE GLASS PAINTING WITH DIANE**

Come and unlock your hidden talent in our decorative glass painting classes using acrylic enamel paint to add designs to wine glasses, water goblets, vases and mirrors or glass trays. Join us for one or all 4 of these classes at the senior center with instructor Diane Cahill on Thursdays, June 1, 8 15 & 22 from 1:00 to 2:30 p.m. No painting experience is required. This is a free class. Paints and brushes will be provided and you just bring the glass items that you'd like to paint. Instructions as well as samples and inspiration will be available. Finished items can be air cured or oven baked for a permanent finish. Call the senior center at 508-543-1234 if you'd like to sign up.

### **SENIOR ART SHOW AND RECEPTION AT BOYDEN LIBRARY**

Please share in our excitement as our Foxboro Senior Center Art Class has their first exhibition and reception at the Boyden Library. The reception will be on Thursday, June 8<sup>th</sup> from 10 a.m. to 12 noon with light refreshments and an opportunity to meet the artists and see their work. The art work will be on display in the library's Community Room gallery for the month of June, thanks to the Foxboro Art Association. Class instructor, Barbara Gage-Mulford says, "I bring the tools and materials. I liken the class to a big antique cast iron pot. The tools, materials and a host of ideas go into the pot. Each student pulls something out which becomes a beautiful work of art." Join us or just stop by the library at 10 Bird Street in June to see these amazing works of art.

### **MEN'S BREAKFAST**

Our next Men's Breakfast will be held on Thursday, May 25<sup>th</sup> at 9:00 a.m. The guest speaker for this month will be Manny Leite, Director of Foxborough's Boyden Library. This is a great opportunity to learn more about the services offered at our public library. The cost for breakfast is \$3. Our breakfast is catered, so please call the senior center at 508-543-1234 to sign up by Friday, May 19<sup>th</sup> if you would like to attend. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

## **NORFOLK COUNTY REGISTER OF DEEDS OFFICE HOURS**

William P. O'Donnell, Norfolk County Register of Deeds, and members of his staff will be available at the Foxborough Public Safety Building on Thursday, May 25<sup>th</sup> from 10:00 a.m. to noon to help answer questions or concerns about any Registry of Deeds matter. Information will be available concerning the Massachusetts Homestead Act. Internet ready computers will be on hand to print a recorded deed, confirm the status of a mortgage discharge or check on any other filing. No advance appointment is needed. Call the Registry for further information at 781-461-6104 or visit the Registry's website on the internet at [www.norfolkdeeds.org](http://www.norfolkdeeds.org).

## **OPTIONS COUNSELING SERVICES**

On Monday, June 19<sup>th</sup> from 12:30 p.m. to 2:30 p.m., Options Counseling Services will be available at the senior center. This program is being offered by the Executive Office of Elder Affairs through HESSCO Elder Services. Options Counselors are trained to provide information on resources, housing, long term care, referrals to advocacy groups, etc. Long term care services include medical care and support with activities of daily living, such as dressing, bathing or eating. Options Counseling is a free service, and eligible individuals include: individuals under age 60 with a disability; any individual age 60 and over; individuals in the hospital who are being discharged; individuals at home who are seeking resources to maintain their independence, and; friends or family who are exploring care options on behalf of another person. Options Counselors maintain up to date information about the array of publicly funded and privately paid options that are available. An Options Counselor will be available at the senior center on June 19<sup>th</sup> from 12:30 to 2:30 p.m. If you would like to schedule an appointment with our Options Counselor Maria Royer, please call the senior center at 508-543-1234.

## **MOVIE DAY**

Movie Day for the month of May is scheduled for Tuesday, May 23<sup>rd</sup> at 12:30 p.m. and our featured film will be "Concussion." While conducting an autopsy on former NFL football player Mike Webster (David Morse) forensic pathologist Dr. Bennett Omalu (Will Smith) discovers neurological deterioration that is similar to Alzheimer's Disease. Omalu names the disorder chronic, traumatic, encephalopathy and publishes his findings in a medical journal. As other athletes face the same diagnosis, the crusading doctor embarks on a mission to raise public awareness about the dangers of football-related trauma. Take in a good movie with friends and feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. Please call us at 508-543-1234 if you'd like to sign up.

## **SENIOR SUPPER CLUB**

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday each month. Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, May 24<sup>th</sup> we'll be enjoying our menu of roasted turkey and gravy, whipped potatoes, butternut squash, cranberry sauce and strawberry shortcake. The event starts at 4:30 p.m. with supper to be served by 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1234 by Monday, May 22<sup>nd</sup> to make your reservation and to arrange for transportation, if needed.

## **JAY BARROWS' OFFICE HOURS**

State Representative Jay Barrows holds office hours at the senior center on the 4<sup>th</sup> Monday of every month at 9:00 a.m. His next visit will be on May 22<sup>nd</sup>. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

## **MANICURES**

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, May 23<sup>rd</sup> beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

## **MEDICAL INFORMATION AND SERVICES**

### **S.H.I.N.E**

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. A SHINE counselor will be available at the senior center to meet with you individually on Tuesday, June 5<sup>th</sup>. If you would like to schedule an appointment with the SHINE counselor, call the senior center at 508-543-1234.

## **REGULARLY SCHEDULED**

### **EXERCISE CLASSES**

It's always time to join us at the senior center for some or all of our weekly exercise programs. We have Chair Yoga classes that meet every Monday morning at 9:30 a.m., followed by Tai Chi classes at 10:30 a.m. Every Tuesday morning at 8:30 a.m. we hold Stretch and Balance classes, followed by some Latin dancing in our Zumba Gold class at 9:45 a.m. Strength Training classes are scheduled for Wednesday mornings at 8:30 a.m. and Senior Fitness classes are held every Friday morning at 9:00 a.m. There is a \$2 charge for each class. No more excuses! Come and get moving with us.

### **ZUMBA GOLD CLASSES**

It's time to start getting ourselves moving. Come and learn some Latin dance moves with us and we'll have some fun getting in shape. Zumba is an exercise program inspired by Latin dance as it combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to work out, and prepare to leave empowered and feeling strong. Zumba Gold classes focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. If you're looking for a modified Zumba class that recreates original Zumba moves but at a lower intensity, then come join us at our Zumba Gold classes at the senior center on Tuesday mornings from 9:45 to 10:45 a.m. Learn some Latin dance moves with our instructor Biliana "BB" Mileva, and have some fun while getting in shape. There is a \$2 charge for each class.

### **LUNCHEON OUTING**

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be at the Horse and Carriage on Wednesday, May 31<sup>st</sup> at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1234 to sign up by Friday, May 26<sup>th</sup>. Van transportation is available, but transportation arrangements must be made by Friday the 26<sup>th</sup>.

### **FRIENDS' BINGO – BRING A FRIEND – ALL ARE WELCOME**

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Bring a friend. Seniors from surrounding towns are welcome! Our next Bingo afternoon will be on Tuesday, June 6<sup>th</sup> from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1234 to let us know if you'll be joining us. This event is hosted by the Friends of Foxboro Seniors.

### **SHOPPING**

We will be going to Stop & Shop on Mondays at 1 p.m. and on Fridays at 8:30 a.m. There is room on the van to accommodate 3 of your shopping bags on the trip home. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1234 to arrange for a ride. The following is a list of other shopping trips and outings we have planned.

May 24 – Kohl's / Mansfield Crossing

May 31 – Horse and Carriage Restaurant

## **MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.**

**If you plan to dine at the mealsite, please give Marcia at least two days notice by calling 508-698-0754.**

**The suggested donation for a meal is \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1234.**

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

**Sodium amounts are listed beside each menu item.**

**Monday, May 22**

Chicken Sausage 517

Peppers & Onions

Pasta Alfredo 116

Sub Roll 162

Cinnamon Apples 4

Sodium 799

Calories 440

**Tuesday, May 23**

Kale Soup 199

Portuguese Chicken 420

Red Bliss Potato 4

Multigrain Bread 190

Banana 1

Sodium 814

Calories 546

**Wednesday, May 24**

Egg Salad 241

German Potato Salad 62

Cole slaw 81

Whole Wheat Roll 160

Vanilla Pudding 174

Sodium 718

Calories 566

**Thursday, May 25**

Roast Turkey with Gravy 430

Cranberry Sauce 16

Mashed Potato 90

Winter Squash 13

Oatmeal Bread 121

Almond cookie 290

Sodium 960

Calories 779

**Friday, May 26**

Cheeseburger 387

Ketchup Packet 82

Potato Wedges 27

Genoa Blend Vegetables 40

Hamburger Roll 230

Fruit Cup 10

Sodium 776

Calories 715